



Scallop and Watercress Salad



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



44 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 5 cups torn bibb lettuce
- ☐ 2 cloves garlic minced
- ☐ 1 tablespoon juice of lemon
- ☐ 0.3 cup olive oil vinaigrette reduced-fat
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 1 cup pepper strips sweet red
- ☐ 1 pound sea scallops
- ☐ 1 cup tightly watercress leaves packed

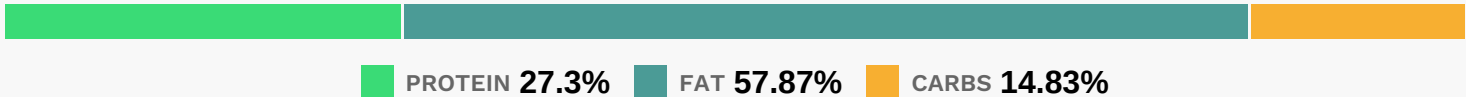
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Coat a large cast-iron skillet with cooking spray; place over high heat until hot.
- ☐ Add scallops; cook 2 minutes on each side or until browned.
- ☐ Remove scallops from skillet; set aside, and keep warm.
- ☐ Coat skillet with cooking spray.
- ☐ Place over medium-high heat until hot.
- ☐ Add pepper strips and garlic; saute 2 minutes or until tender.
- ☐ Add vinaigrette and lemon juice, deglazing skillet by scraping particles that cling to bottom. Cook 1 minute. Return scallops to skillet, and cook until thoroughly heated.
- ☐ Combine lettuce and watercress in a large bowl.
- ☐ Add scallop mixture to lettuce mixture; toss lightly.
- ☐ Sprinkle with 1/2 teaspoon pepper.

Nutrition Facts



Properties

Glycemic Index:6.3, Glycemic Load:0.13, Inflammation Score:-5, Nutrition Score:4.0182609195295%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 44kcal (2.2%), Fat: 2.87g (4.41%), Saturated Fat: 0.41g (2.57%), Carbohydrates: 1.65g (0.55%), Net Carbohydrates: 1.33g (0.48%), Sugar: 0.46g (0.51%), Cholesterol: 5.44mg (1.81%), Sodium: 90.65mg (3.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.04g (6.09%), Vitamin K: 19.11µg (18.2%), Vitamin A: 702.53IU (14.05%), Vitamin C: 11.11mg (13.47%), Phosphorus: 83.43mg (8.34%), Vitamin B12: 0.32µg (5.33%), Selenium: 3.05µg (4.35%), Folate: 16.5µg (4.13%), Vitamin E: 0.55mg (3.65%), Potassium: 100.24mg (2.86%), Vitamin B6: 0.05mg (2.74%), Manganese: 0.05mg (2.51%), Magnesium: 8.07mg (2.02%), Zinc: 0.26mg (1.71%), Iron: 0.3mg (1.68%), Vitamin B3: 0.28mg (1.42%), Fiber: 0.32g (1.29%), Vitamin B2: 0.02mg (1.18%), Vitamin B1: 0.02mg (1.01%)